

Behind Enemy Lines

Week 2 — Know Your Weapons

Ephesians 6:10–18



Icebreaker

When you're stressed, overwhelmed, or under pressure, what do you naturally reach for?

Examples: control, anger, distraction, isolation, fixing the problem, talking to someone, prayer, etc.

Read

Ephesians 6:10–18

Discuss

1. Paul repeatedly tells believers to “stand.” What do you think it means to stand firm rather than simply fight harder?

- Where are you tempted to rely on your own strength?
- What would it look like for you to stand in God's strength this week?

2. Which piece of the armor of God speaks most directly to something you are facing right now—truth, righteousness, the gospel of peace, faith, salvation, or God's Word? Why?

- How does that particular piece help you stand firm?

3. The sermon emphasized that our battle is not against people. How can we sometimes end up fighting the wrong battle?

- What difference does it make to remember that people are not our enemy?
- How might this change the way we respond when we feel attacked, frustrated, or misunderstood?

4. Prayer is what sustains and activates the armor. What does it mean to “be alert” and “keep on praying” (v. 18)?

- Who or what do you need to be praying for this week?
- How could prayer help you become more spiritually aware without becoming fearful or obsessed with the battle?

This Week's Challenge

Pray the Full Armor of God prayer from the bulletin insert each day this week.

September 20 – Behind Enemy Lines – Lead Pastor Marc Riegel

Father, Today I choose to be strong in You and in Your mighty power. I confess that my own strength is not enough. I need You. Fill me with Your strength for whatever I face today.

Lord, help me remember that my struggle is not against flesh and blood. People are not my enemy. When I feel attacked, frustrated, misunderstood, or discouraged, give me spiritual eyes to see what is really happening. Keep me from fighting people when You have called me to love them.

Today, I intentionally put on the full armor of God.

- I buckle around me the belt of truth. Guard me from lies - lies I hear, lies I believe, and lies I tell myself. Anchor my thoughts in what You say is true. Help me walk in honesty, wisdom, and integrity.

- I put on the breastplate of righteousness. Thank You that my righteousness comes through Jesus. Guard my heart today. Help me choose what is right even when it is difficult. Keep my motives pure and my heart close to You.

- I fit my feet with the readiness that comes from the gospel of peace. Wherever I go today, make me a person of peace. Slow me down when I want to react. Help me listen before I speak, forgive instead of retaliate, and bring Your peace into anxious or divided places.

- I take up the shield of faith. When fear, doubt, accusation, temptation, discouragement, or anxiety comes at me, help me trust You. Extinguish every flaming arrow of the enemy. Remind me that You are faithful, You are present, and You are greater than anything I face.

- I put on the helmet of salvation. Protect my mind. Guard what I dwell on. Remind me who I am because of Jesus. I belong to You. I have been forgiven, redeemed, and given new life. Let the assurance of my salvation protect my thoughts today.

- I take up the sword of the Spirit, Your Word. Bring Scripture to my mind when I need it. Teach me to know Your Word, believe Your Word, speak Your Word, and obey Your Word. When lies come, help me answer them with truth.

- And Father, teach me to pray in the Spirit on all occasions. Keep my heart connected to You throughout this day - not only when things go wrong, but in every conversation, decision, interruption, opportunity, and difficulty.

Help me to stay alert. Help me to notice the spiritual battle without becoming afraid of it. Help me pray faithfully for the people around me and for all Your people. When I am tired, discouraged, tempted, misunderstood or when I don't know what to do next - help me stand. Not in my strength, but in You and in Your mighty power. And after I have done everything You have asked me to do, may I still be found standing - faithful to You. AMEN.